

LET'S TALK COOKING ON A BUDGET

Join Kate on Zoom to cook a new dish each week. We will explore different options, with particular emphasis on what can be regularly collected from food banks.

Cook along live, or just join us for conversation, company and some dinner inspiration!

The list of ingredients needed will be sent prior to the group.



Starting Monday 18th September
Every Monday 3pm-4pm on Zoom.

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk
or scan our QR code →



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